

R W2021.09

A Resolution to Establish a Subsidy System for Reimbursing Costs Associated with Private Therapy for Students

A resolution for the consideration of the College of Literature, Science, and the Arts Student Government

February 17, 2021

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Whereas, the mission of the College of Literature, Science, and the Arts Student Government (hereafter LSA SG) is to “actively seek the voices of LSA students and advocate their interests to improve academic and non-academic life”;¹ and,

Whereas, The total enrollment at the University of Michigan for Fall 2020 is 47,907 students.² Roughly 5,000 undergraduate students and 2,000 graduate students currently live in-residence at the University. In a non-pandemic year, this number is typically 10,000 students total; and,

Whereas, A research paper published in the Journal of Medical Internet Research by various professionals at the University of Texas A&M regarding the effects of the COVID-19 global pandemic on the mental health and stress levels of college students in the United States, showed a 71% increase in stress and anxiety among college students; and,

Whereas, According to survey results shared by the National Alliance on Mental Health-California, 20% of college students say their mental health has *significantly* worsened;³ and,

Whereas, The Center for Disease Control released a study explaining that younger adults and racial/ethnic minorities have “experienced disproportionately worse mental health outcomes, increased substance use, and elevated suicidal ideation” in the year of 2020;⁴ and,

Whereas, A survey of 70,000 students conducted by the Public Policy Institute of California discovered that “more than seven in ten students had lost some or all of their income, almost half had experienced a change in their living arrangements, and a quarter had dropped courses in spring 2020” due to COVID-related factors;⁵ and,

¹ The Constitution of the College of Literature, Science, and the Arts Student Government. Article II

² “Enrollment Reports.” Enrollment Reports | Office of the Registrar, University of Michigan, ro.umich.edu/reports/enrollment.

³ “School During the Pandemic: Mental Health Impacts on Students.” NAMI California, 17 Sept. 2020, namica.org/blog/impact-on-the-mental-health-of-students-during-covid-19/.

⁴ Czeisler, Mark É., et al. “Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020.” *MMWR. Morbidity and Mortality Weekly Report*, vol. 69, no. 32, 2020, pp. 1049–1057., doi:10.15585/mmwr.mm6932a1.

⁵ Cook, Kevin. “Supporting Financially Stressed College Students during COVID-19.” Public Policy Institute of California, Public Policy Institute of California, 29 Oct. 2020, www.ppic.org/blog/supporting-financially-stressed-college-students-during-covid-19/#:~:text=The%20survey%20found%20that%20more,lost%20employment%20or%20became%20sick.

Whereas, The current system in place for students to seek counseling and psychological services at the University of Michigan for free in Counseling and Psychological Services (hereafter CAPS); and,

Whereas, The current expected wait time for an initial consultation at CAPS is five days as portrayed by their website, but anecdotes from students suggest an actual wait time of around one month for an appointment with CAPS resulting in the use of private therapy; and,

Whereas, The average cost of a private therapy session can cost anywhere from \$50 to upwards of \$250; and,

Whereas, Approximately five percent of undergraduate students and eight percent of graduate students at the University of Michigan reported being uninsured in 2017 (latest available data).⁶

Be it therefore resolved, LSA Student Government will work in collaboration with the Central Student Government and shall establish a payment system for reimbursing out-of-pocket costs associated with private therapy sessions, up to \$25 per person (so as not to impact any student's financial aid eligibility), students who were unable to receive counseling and psychological services through CAPS between August 31, 2020 (the first day of the Fall 2020 term) and January 18, 2021 (one day before the commencement of the Winter 2021 term); and,

Be it further resolved, if the project fund has a surplus at the end of the semester,,CSG will transfer 50% of the surplus to LSA SG; and,

Be it finally resolved, the Treasurer will transfer \$1,250 from the LSA SG Health Subcommittee budget to CSG to fund 50% of this initiative.⁷

⁶According to Laurie Burchett, Administrative Manager at University Health Service (UHS)

⁷ Information on the LSA SG W2021 budget can be found in [R W2021.05](#).